

## Newsletter – September 2023

The **Neonatal Resuscitation Program (NRP)** consisted of four workshops in September, each with 35-40 participants. Dr. Ayesha Munir serves as the focal person for the workshops. Distinguished consultants, delivered 15-minute talks, followed by hands-on training and assessments.

Dr. Shahid Nazir, a Consultant Pediatrician, delivered a concise talk during the workshop on the "Foundation of Neonatal Resuscitation." He stressed the importance of neonatal resuscitation, highlighting the need for immediate intervention to combat newborn mortality, especially in Pakistan.

Dr. Yasser Masood, a Consultant Neonatologist, discussed the importance of airway management in neonatal resuscitation during the workshop, covering initial steps, ventilation techniques, and when to consider intubation.

Dr. Masooma Fatima, Associate Consultant Pediatrician, addressed chest compressions, medications, and resuscitation guidelines, emphasizing monitoring heart rate and volume expanders.

Dr. Salman Bashir Wani, Consultant Pediatrics & Neonates explained the NRP Algorithm, focusing on team coordination and interventions based on heart rate, with an option to discontinue resuscitation after 10-20 minutes.

Dr. Shehla Chaudhry discussed preterm baby resuscitation, including resource needs, temperature control, ventilation, oxygen management, brain injury prevention, and parental counseling before extremely preterm births.





To explore the **Sengstaken-Blakemore (SB) tube**—a critical medical instrument. With a primary focus on enhancing the expertise of healthcare professionals, the workshop was orchestrated to achieve a comprehensive set of learning objectives.

Under the astute leadership of Activity Director Dr. M. Salih, a distinguished Consultant and Head of the Hepatology Department at SIH, and Activity Co-Director Dr. Muslim Atiq, an accomplished Consultant and Head of the Gastroenterology Department at SIH, participants embarked on a multifaceted educational journey.

The learning objectives encapsulated a broad spectrum of knowledge and skills essential in the realm of SB tube usage: These objectives encompassed defining the SB tube and its purpose, recognizing its clinical indications, understanding equipment and preparation requirements, mastering aftercare procedures, learning removal techniques, and identifying potential complications.

The Workshop served as a dynamic forum for interdisciplinary learning and knowledge exchange among healthcare professionals. Driven by the collective pursuit of excellence in gastroenterology and hepatology, the event facilitated not only the acquisition of essential clinical skills but also the fostering of a collaborative community. As healthcare providers continually strive to enhance patient care, this workshop played a pivotal role in advancing their proficiency and competence, ultimately resulting in safer, more effective medical practices within these specialized fields.



## Clinical Meeting of Society of Surgeons of Pakistan ISB/ RWP

**Chapter** in collaboration with the American College of Surgeons, Pakistan Chapter. SCOPE assisted them in organizing and execution of this event. It was held in C-0 Auditorium, on 16th September, 2023.

This insightful gathering took place in the prestigious C-0 Auditorium on September 16, 2023. The event's highlight was the presentation of a rare and complex case, "BURSTING HEART SYNDROME," by Dr. Talha Kareem and Dr. Omer Ehsan, detailing the successful management of a challenging case. In another study titled "Comparison of Laparoscopic vs Open Colorectal Surgery," Dr. Hadi Khan, Dr. Sibgha Aimon, and Dr. Hania Iqbal presented their retrospective research comparing surgical approaches and outcomes. Additionally, a compelling case presentation by Dr. Ushna Khan highlighted the intricate surgical intervention and post-operative management of a patient who ingested a toxic substance. These presentations showcased the hospital's commitment to knowledge sharing and excellence in medical practice, addressing complex cases, and advancing surgical techniques.

In conclusion, this event showcased the hospital's commitment to medical excellence, collaboration, and advancing surgical knowledge. By delving into complex cases and innovative approaches, it elevated surgical standards and emphasized the importance of continuous learning in healthcare. Shifa International Hospital Islamabad remains dedicated to improving patient outcomes and nurturing future medical leaders.





The first topic, **"Role of Gender in Cardiovascular Outcomes,"** was presented by Dr. Robina Matyal, a highly regarded Professor of Anesthesiology. Dr. Matyal delved deep into the intersection of gender and cardiovascular health, shedding light on the nuanced factors that contribute to diverse outcomes among patients.

Simultaneously, attendees had the privilege of gaining insights from Dr. Feroze-ud-Din Mahmood, also a Professor of Anesthesiology, who presented **"New Insights into Graduate Medical Education."** Dr. Mahmood's presentation introduced attendees to cutting-edge advancements in medical education, emphasizing the importance of a multi-modality approach. He also explored the concept of dyssynchrony in education, highlighting the need for aligning teaching methodologies with the evolving needs of modern healthcare practice.

Throughout the lecture, participants actively engaged with the material and had the opportunity to interact with the speakers during a stimulating Q&A session. The event was designed to achieve a range of learning objectives, including helping attendees define the significance of a multi-modality approach to medical education, appreciate the concept of dyssynchrony in educational contexts, understand the role of gender in patient outcomes, and ultimately, underscore the value of a dynamic and flexible model of education and training in the ever-evolving healthcare landscape.

The Guest Lecture proved to be an enriching experience, providing attendees with valuable knowledge, thought-provoking insights, and the opportunity to network and collaborate with peers and experts in the field. It was a testament to the commitment of the healthcare community to staying at the forefront of medical education and research.





American Heart Association

*Accredits*

**SHIFA LIFE SUPPORT  
TRAINING CENTER**

**TO OFFER BLS & ACLS COURSES**



The American Heart Association strongly promotes knowledge and proficiency in all AHA courses and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the AHA. Any fees charged for such a course, except for a portion of fees needed for AHA course materials, do not represent income to the AHA.



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Heart  
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**Shifa Life Support Training  
Center**

**Islamabad, Pakistan**

Is hereby officially recognized as an

**American Heart Association  
International Training Center**

For the period from Sep 20, 2023 to Sep 20, 2026

Chris D'Esposito  
Senior Vice President, International Business  
National Center  
American Heart Association  
Dallas, Texas, USA

Rami Khattar  
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Middle East & North Africa  
American Heart Association  
Dubai, United Arab Emirates

*To be a relentless force for a world of longer, healthier lives.*

### **Basic Life Support Courses:**

Shifa LiST Center (AHA Accredited International Training Center), organized the BLS Courses.

These courses were attended by the healthcare providers (doctors and nurses) to enhance patient care by imparting critical Emergency Cardiovascular Care (ECC) and Cardio Pulmonary Resuscitation (CPR) education at the highest standards.



### **Advanced Cardiac Life Support Courses:**

Shifa LiST Center (AHA Accredited International Training Center), organized the ACLS Courses.

These courses were attended by the healthcare providers (doctors and nurses) to enhance the administration of adults that are facing cardiac and pulmonary arrests.



## A joint project on **"Self-employment of Women in the Private Health Sector: Training of DoHs Staff,"** curated by the esteemed organizations, Shifa Center of Professional Excellence (SCOPE) - Shifa Foundation and GOPA Worldwide Consultants.

The project aims to empower and provide opportunities for currently unemployed female mid-level health services providers to generate income through self-employment in the private health sector.

By equipping nominated healthcare professionals from various government hospitals in Punjab and Khyber Pakhtunkhwa (KPK) districts with the necessary skills and knowledge, we aim to enable them to establish their own healthcare clinics.

A total of 14 dedicated participants from various sectors in KPK and Punjab were actively involved in this training initiative. The training program spanned 10 days at the Shifa International Hospitals Ltd. in Islamabad. and featured a comprehensive curriculum designed to equip the participants with the necessary knowledge and skills.

Each day of the training comprised seven main sessions:

- **Didactic Session:** This initial session featured presentations and educational videos.
- **Clinical Drill on Mannequins:** Participants engaged in hands-on clinical drills.
- **Clinical Rotation:** Participants were divided into three groups and rotated through the Labor Room, Ward/OR, and OPD, gaining practical experience in each area.
- **Feedback and Q/A Session:** Following the clinical rotation, participants engaged in discussions and received feedback.
- **Virtual Session:** Virtual session was conducted
- **Role Play:** Participants engaged in role-playing exercises, simulating scenarios involving patients and healthcare providers.



ended with a feedback and Q/A session.



